



Horton Around the Yard & Garden

HORTICULTURE
NEWSLETTER
by Adrian C. Hinton,
USU - Utah County



GREETINGS FROM THE COUNTY AGENT

And A Happy New Year to All...



I hope the New Year finds you all well and happy and on your way to a safe and successful New Year.

Already our water saturation is the best we've seen in the past 3 years. It is always great to see our mountains covered "deep" with snow. It is not only very good for the Winter Olympics but all residents along the Wasatch will benefit with less fear of water shortages/rationing for the coming year.

I hope to see you all at the Green Conference in Sandy at the end of January (see article in this issue).

Also be sure to renew your subscription to this newsletter for the coming year.

Congratulations to the 108 new Master Gardeners that have just completed the Basic Course.

Be sure to check the Timely Tips section of this newsletter to help you get ready for a very prosperous New Year.

TIMELY TIPS FOR JANUARY - FEBRUARY

1. Get roses and other ornamentals pruned.
2. Watch for rodent damage around the trunks of new and older fruit trees. With the heavier snowfall they could be hiding in the grass under the snow and chewing on the cambium layer of these tender trees.
3. Start pruning all fruit trees:
Apples, pears, cherries, apricots - first
Save the tender peaches, nectarines and plums for last.
4. Now is a great time to complete your "Master Plan" of your growing areas. Look at your last year's notes and get the seed and plants ordered for early planting.
5. Remember bare root trees and roses and other plants generally do the best.
6. Watch for the pruning classes in the paper and on the radio.
7. Get ready for the Delayed Dormant Oil Spray on all fruit trees. Stop by the Extension office and pick up our handy Home Orchard Fruit Tree Spray Guide (cost \$2.75).
8. Get your lawn mower tuned and blades sharpened for an early spring (if it comes!).
9. As the snow melts be sure all leaves and other debris are removed from the lawn to help prevent snow mold and other lawn problems.
10. Have a great New Year and stop by the office and see our great selection of reference materials.

MARK YOUR CALENDARS

Utah Green Conference

by Dr. Dan Drost, USU Extension Vegetable Specialist

Utah State University Cooperative Extension and the Utah Green (Horticulture) Industry is hosting the 2002 Utah Green Industry Conference. The conference is scheduled for Wednesday, January 23 to Friday, January 25, and will be held at the South Towne Center (9575 South State Street) in Sandy, Utah.

In conjunction with the Green Conference, I am hosting a half-day vegetable workshop that will focus on various issues related to Sustainable Vegetable Production Systems. The meeting will begin at 8:30 a.m. on Friday, January 25, and will finish at 12:30 p.m.

This year's speakers will be Dr. Carol Miles of Washington State University; Dr. Russ Wallace of BioWorks, Inc., and Drs. Ruby Ward and Dan Drost of Utah State University. Carol Miles will give an overview of Sustainable and Organic Systems and outline Strategies for New Crops. Russ Wallace will discuss Alternative Pest and Weed Management and Ruby Ward will present information on Farm Risk and Economics. Dan Drost will outline how to Create More Sustainable Vegetable Systems. In addition, we will have a panel of growers discuss aspects of their different farm operations. We are allowing ample time for discussion and interaction with all the speakers and we look forward to your participation.

The cost of the workshop is \$75 if paid before January 11. This includes all handouts, breaks and access to the trade show.

If you have specific questions about this event or about the Green Conference in general, please call us at Utah State University. Registrations can be made by:

Telephone (800-538-2663)

On the web (www.utahgreen.org)

Or by mail (Utah Green Conference, 5005 Old Main Hill, Logan, UT 84322).

**Hinton Around
The Yard & Garden**

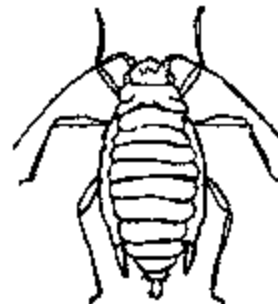


EPA RELEASES MINOR USE REPORT, SITE

The EPA has released a Report on the Minor Uses of Pesticides, describing actions it has taken to expedite registrations for minor use pesticides and increase communications with stake-holders of minor use pesticides. For example, the EPA has designated a Minor Crop Advisor and a Public Health Coordinator to increase responsiveness to minor use concerns. The report also describes the coordinated effort between EPA, USDA, and the Department of Health and Human Services in dealing with minor use issues during implementation of the Food Quality Protection Act (FQPA).

In partnership with USDA's Interregional Research Project 4 (IR-4), EPA has sought to increase pesticide registrations for minor uses, registering 814 new uses in 1999 and 901 in 2000. More than 80% of new use registrations have been for reduced-risk pesticides. EPA also has created a new minor use Web page, providing links to the report and related information on EPA's minor use activities and partnerships with other agencies. The Web address is www.epa.gov/pesticides/minoruse/.

Minor use of pesticides is defined as those for which total U.S. crop production is fewer than 3000,000 acres. Minor uses occur on ornamentals, fruits, vegetables, and for control of disease vectors.





**Hinton Around
the Yard and Garden**

UTAH COUNTY MASTER GARDENER ASSOCIATION

bigger and better than ever!

The Utah County Master Gardeners Association held our annual Fall Social on the 28th of November. Everyone had a great time. This was the largest gathering of Utah County Master Gardeners ever, with over 100 people attending. Everyone got to show off their favorite recipes, so we had lots of great food.

We also had some great doorprizes for those that completed the Master Gardener Mixer. (If you don't know what that is, you'll have to ask a Master Gardener who was there.)

I would like to give a special thanks for those who donated to our doorprizes, and hope you will thank them also by your continued patronage:

Sunrock - Springville
Sam's Club - Provo
IFA - Provo
IFA - American Fork
Thanksgiving Point - Lehi
Cascade Shadows - Provo and American Fork
Vineyard Garden - Provo
Lindon Nursery - Lindon
Best Western Timpanogos Inn - Lehi
Seagull Book and Tape - Pleasant Grove
Rodizzio Grill - Provo
Carpenter Seed - Provo
Cooks Nursery - Lindon
JNJ Small Engine - Lehi
Sundance Ski - Sundance
UVSC Horticulture Dept. - Orem
Spanish Fork City - Spanish Fork
Tree World - Spanish Fork
Cal Ranch - American Fork

All these gifts totaled over \$750! WOW!!

As a reminder, Master Gardener dues for 2002 are due if you haven't paid, so get your \$10 in to the Extension office so you can continue to be a part of this great organization. And if you are not a current Master Gardener, call the office (370-8460) and get your name on the list for the 2002 class (spaces are filling fast).

A special thanks to our current officers and Executive Board:

President - Tom Hill
Vice President - Paul Wilkey
Vice President - Brian Beaumont
Secretary - Jan Collins
Treasurer - Tina West
Historian - Pat Fugal
Advisor - Adrian C.

Hinton



DID YOU KNOW?

New research from Rutgers University and the Society of American Florists (SAF) proves flowers help senior citizens cope with the challenges of aging.

The evidence comes from a six-month behavioral study involving more than 100 senior citizens to explore what effect flowers have. The growing U.S. population of senior citizens currently numbers 40 million.

SAF's Flowers & Seniors Study demonstrates that flowers ease depression, encourage social networking, and refresh memory as we age.

Of seniors who participated in the study, 81% reported a reduction in depression following the receipt of flowers; 40% reported a broadening in their social network beyond family and close friends; and 72% of seniors who received flowers scored higher on memory tests than those seniors who didn't receive flowers.

Hinton Around The Yard and Garden



STARTING YOUR VEGETABLE AND FLOWER GARDEN INDOORS IN JANUARY FOR SUMMER

by Laurie Stoneburner, Master Gardener
Garden Thyme, LLC, Mrs. Greenthumb

What plants would benefit from being sown in January versus February?

Plants like broccoli, lettuce, parsley, spinach, swiss chard, celery, and cabbage are cool season crops and mature slower than the other larger vegetables. Planting them in January will give you an extra month of growth and you will be able to put them out after hardening them off in the cold in February.

You can start hardening them off by placing them outdoors after they have about two sets of leaves on them. Harden them off for about two weeks by taking them outdoors during the day for one hour and extending the time out in the cool sun each day. After two weeks place them in a cold frame or plant with protection. Wall-o-Waters or a hat of some sort made out of a milk bottle or Coke bottle works well. Eventually, in March, no protection will be needed and can be removed.

Carrots can be directly sown in the garden as soon as the soil can be worked, whatever time that is. I have had successful crops of carrots from sowing seeds in the fall as well as in February. (I cannot work the soil around my home in January or I would try then, too.)



Tomatoes and peppers are slow to get started and can be started indoors in a warm place. On top of the refrigerator is always a great place or close to the ceiling, as heat rises and drafts are less.



After the seeds have germinated, they must have light and be moved below a grow light or in front of a sunny window. When they have two sets of leaves on them, they are ready for transplanting to larger pots. This will be about the middle to end of February. Placing peppers and tomatoes in larger pots will encourage them to become larger plants, sooner.

Harden them off before placing permanently outside, as above. Place them in your cold frame or under your milk jugs in March or April. Apply your mulch of straw around the milk jug to keep them warm at night. Fertilize them when soil temperatures reach about 50 degrees or in May.

Almost all flowers, whether annual or perennial, are slow to germinate, are slow growers, and can be started in January. I recommend germinating them on top of the refrigerator or near the ceiling, also. After germination, move to some form of sunlight, artificial or real.



Transplant when the root system is complete for the size of pot. Do not move outside until all danger of frost has passed. Flowers need a good root system on them to withstand transplant shock at this young age.

For the most part, flowers are slow to adapt to the cold, so ease them in gently. They're flowers!

Happy gardening, and may the bountiful harvest be yours!





Improving Family,
Resources & Health

CLOSE TO HOME

by Judy Harris, USU Extension Agent in Utah County

Some Steps to Successful Saving

- ¢ Pay yourself first. Ask your financial institution or advisor about monthly deductions from your checking account into a savings or investment account.
- ¢ Ask your employer about retirement plan options. Take advantage if employer matches your contribution

Americans Underestimate Their Own Ability to Accumulate Assets

A survey conducted a few years ago, when our economy was at its peak, revealed that one-half of American households have accumulated less than \$1,000 in net financial assets and modest (\$35,500) wealth. [The net amount is determined by subtracting liabilities (what is *owed*) from assets (what is *owned*).] An example of net financial asset would be the dollar value of savings after subtracting what is owed on credit cards.

The wealthiest population segment, those 65 to 74 years of age, held median net financial assets of \$12,500 and net wealth of \$97,474— most of which represented home equity.

A related public opinion survey found that most American adults overestimate (by up to 25 times!) the typical level of household assets and wealth.

Surprisingly, many Americans with moderate or low income see winning a sweepstakes or lottery as a more promising way of accumulating \$500,000 than regularly saving and investing a portion of their income!

One reason for this belief is that most Americans dramatically undervalue the “time value of money” or the extent to which regular savings will accumulate over time.

When asked how much \$25 invested weekly for 40 years (at a 7% annual yield) would accumulate to, the median response was \$122,5000. But in fact, this saving would result in an accumulation of \$286,640 if interest is compounded weekly. (By contrast, if we wait and save only the last 10 years instead of 40, we would need to save \$380 weekly to get the same total savings.)

When asked how much \$50 invested weekly for 40 years (at a 9% annual yield) would accumulate to, the median response was \$239,700. Yet, this saving would lead to an

accumulation of more than one million dollars—\$1,026,883 if interest compounded weekly. (If we wait to save until the last ten years, we would need to save \$1,217 a week to reach the same total amount!)

If Americans understood that their chances of winning a big sweepstake were 10-20 million to one but that they could accumulate hundreds of thousands of dollars through regular saving, hopefully more families would invest the \$50 rather than spending it on unneeded consumption.

Want several savings examples for personal motivation or to use to help educate family members? We can provide computer printouts for the following scenarios:

- Z** If I invest a regular amount at a fixed interest rate and period, how much will it earn?
- Z** How much will I earn if I invest a lump sum now for a given time and interest rate?
- Z** How much do I have to invest regularly at a fixed rate to reach a certain savings goal?
- Z** How much can I regularly withdraw from a lump sum to last a specific amount of time?
- Z** How long would a lump sum of money drawn down at regular intervals and amounts last?
- Z** Comparing saving early versus saving late.

To see how you can start saving now, make an appointment to come “play on the computer” and generate some options to ponder. Or phone in the information and we can send the printouts to you. It’s a free service of the Utah County office of USU Extension.

Saving is a choice that every one of us has. We can learn to save regularly and to scrutinize purchases based on whether we *need* the items or simply *want* them. For most of us financial security begins in the brain rather than in the bank account. By changing our spending and saving behaviors we can improve our future. (Source: news release from Consumer Federation of America and Primerica)

Food Safety Reminder

When Canned Foods Freeze

Bring your canned goods in from the cold. Canned goods in a shed, garage, or camper may freeze if the temperature gets to zero or below. The safety concern is that the water in the food will expand if frozen, possibly creating enough pressure to cause a flaw in a seal or seam. When the vacuum is broken, air and microorganisms can be pulled into the jar or can. These microorganisms may alter the quality of the product or even pose a safety problem—especially in low acid foods.

Flaws may be too small to see and still allow microorganisms into the food.

Commercially canned foods that show bulging or leaks should be discarded where animals cannot get them.

Canned foods that have frozen may still be safe to eat if they are handled properly. Since leaks may not be visible right away, thaw canned products on trays or plates in the refrigerator. Any that show leaking as they thaw should be discarded. Of course, any thawed food that looks or smells bad should be discarded.

Home canned foods that were processed in jars made for freezing as well as canning may be placed directly in the freezer and kept there until used if the jar is not cracked.

Since the quality and texture of these accidentally frozen foods will be affected, it is recommended that they be used as soon as possible.

As an added precaution, boil all low-acid foods for 10-15 minutes before tasting.

To avoid future problems store all canned foods in an area where they will not freeze. (Source: Georgia Lauritzen, USU Extension food science and nutrition specialist, as reported in Kathy's Corner News 1/95)

Using and Storing Potatoes

Handle potatoes gently. Bumps and bruises turn potatoes dark and cause them to rot. The best way to store potatoes is in a cool, dark place. The ideal storage temperature is 45-55E F.

Don't store potatoes in the refrigerator. Refrigerator temperatures (40EF.) turn the starch in potatoes to sugar, giving them a sweet taste and *dark color* when cooked.

Don't store potatoes in a warm place. Warm temperatures make potatoes sprout and shrivel.

Don't store potatoes in the light. Light causes potatoes to turn green and have a bitter flavor.

Don't overmash potatoes. Starch may leak out of broken starch grains and cause them to be *gummy*.

The brown-skinned russet potato is best for baking, mashing, and French frying. The red potato is better for boiling, slicing for salads, or for use as scalloped potatoes.

SUNRISE BEEF HASH

An easy recipe to start the day off right



- 2 Tablespoons vegetable oil
- 3 cups frozen potatoes O'Brien (or other frozen diced potatoes)
- 1 small green or red bell pepper, chopped
- 1 small onion, chopped
- 3 cups chopped cooked beef pot roast, 1/2-inch pieces
- Salt and pepper
- 1/4 cup prepared beef gravy

In large nonstick skillet, heat oil over medium-high heat until hot. Add potatoes, bell pepper and onion; cook 10 to 15 minutes or until potatoes are browned and crisp, stirring occasionally. Add beef. Season with salt and pepper. Carefully stir in gravy and continue cooking 2-3 minutes or until heated through.

Makes 4 servings

(Source: Extension Bulletin E-1700 revised, Cooperative Extension Service, Michigan State University,1985)

50 WAYS TO LOVE YOUR SPUDS

Baked	Scalloped	Kugel	Latkes	Soup
Boiled	Gratin	Baked Skins	Anna	Chowder
Mashed	Knishes	Duchess	Parslied	Stew
Steamed	Pancakes	Hash Browns	Shoestring	Pizza
Riced	Dumplings	Puffed	Hash	Omelet
Diced	Gnocchi	Souffled	Puréed	Frittata
Roasted	Salad	Nicoise	Nests	Quesadilla
Braised	Boxty	Vichyssoise	Herbed	Bread
Sautéed	Stuffed	Oven Wedges	Topped	Rolls
Grilled	Twice Baked	O'Brien	Microwaved	Blintz

Invite Extension to your Organization

The Utah County office of USU Extension has speakers that can teach your group. A number of topics are available. At this time of year the following topics are popular:

- Understanding credit and reducing debt
- Making a spending plan that works
- Strategies for saving
- Organizing important papers
- Teaching kids about money
- Transferring untitled property—plan now to avoid family furor
- Pressure canning protein (beans, chili, meat, poultry, soup)

This is a good idea to make stored food easy to use and to take advantage of sales on meat or poultry!

- Economical food preparation ideas

Usually the speaker would need at least 45 minutes and would want a good likelihood of 20 or more in the class.

Bringing food storage to the table:

Pressure Canning Dried Beans

Beans are economical, low in fat, high in fiber, & a good source of protein and B vitamins. But too often beans are stored in buckets for years until heroic effects are needed to make the beans soft. Canning some of those beans will provide a convenient beginning for many meals. Now is a great time to pressure can beans and other protein foods because the heat and moisture can be an asset in the winter.

Canning Beans or Peas—Shelled, Dried (USDA 1988)

Quantity: An average of 7 pounds is needed per canner load of 7 quarts; an average of 3¼ pounds is needed per canner load of 9 pints. **Quality:** Select mature, dry seeds. Sort out and discard discolored seeds. **Procedure:** Place dried beans or peas in a large pot and cover with water. Soak 12 to 18 hours in a cool place. Drain water. Or you may quickly hydrate beans by covering sorted and washed beans with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour and drain. Cover beans soaked by either method with fresh water and boil 30 minutes. Add ½ teaspoon of salt per pint or 1 teaspoon per quart to the jar, if desired. Fill jars with hot beans or peas and cover with hot cooking water, leaving 1-inch headspace. Adjust lids and pressure can pints for 75 minutes and quarts for 90 minutes. Maintain a minimum of 13 pounds pressure (for 4,001-6,000 feet altitude) for the entire process. If pressure falls below 13 pounds, start re-counting at minute one. *Follow research-based guidelines when canning low acid foods to prevent any risk of botulism toxin poisoning. A home made method that “hasn’t killed anyone yet” is not good enough!*

Fun food storage classes!

Here are three practical and rejuvenating classes—on *using* food storage. The presenter will be Leslie Probert, who has spent years finding food storage recipes that taste great. Plus she has food storage recipes that she uses on her busiest days!



These classes were a hit last year, and are being repeated at request of participants.

There will be samples and handouts at each class. Since class size is limited, *please* contact us at 370-8460 x2 if you need to cancel your registration (so someone on the waiting list could attend).

Food Storage for the Overwhelmed

Simple, inexpensive ideas for solving concerns that have kept you from enjoying your food storage. Wednesday, Jan 16, from 7-8:30 p.m. (to 9 p.m. is optional for planning chart and water storage)

Fast Fantastic Food Storage Fixings

Learn fast and delicious ways to use the food you already have stored. Wednesday, Jan 23, from 7-8:30 p.m.

Friendly Fuels or Cold Soup

Fuel safety (indoors and outdoors), soup in a “hay” box, cookies in an apple box reflector oven, etc., Wednesday, Jan 30 from 7-8:30 p.m.

All three classes will be in room L700 on the lower level of the Utah County Administration Building at 100 East Center in Provo. Off-street parking is accessible from 100 South.

Call 370-8460 x2 if you have questions.
\$2 for one class or \$4 for two classes or \$5 for three classes. Make check payable to Utah State University and mail to:
 USU Extension, 51 South University Avenue,
 Room 206, Provo, Utah 84601.

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Medicine Mistakes even smart parents make

Surveys show that two-thirds of parents don't give the right amount of medicine to their children. And unless you give the right dose, a medicine can't work properly.

The most common reasons for inaccurate dose:

- # Parents don't know how much their child weighs (doses are based on a child's weight until he's 80 to 90 pounds, when he can take adult doses.)
- # Parents use the wrong measuring devices.
- # They give too little for fear of giving too much.

To avoid medicine mistakes ask the pediatrician to calculate the right dose of pain reliever, allergy medicine, & other common medications after each weigh in. Tape to the inside of the medicine cabinet. Update often.

Use only the calibrated measuring device that comes with the product, or a labeled measuring spoon. Household teaspoons should not be used because they vary in what they hold.

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your expiration date is
11/2001 or 12/2001



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The phone for USU Extension is 370-8460. If you do not have a touch tone phone, stay on the line and the receptionist will help you. With a touch tone phone, at the greeting press the number of the desired subject:

- 5) garden, yard, trees, insects
- 2) food, finances, clothing, housing
- 3) pastures, field crops, dairies
- 4) 4-H and youth

Please check



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